

# Healthy Shopping List

## Fruits

### Fresh

apples  
bananas  
blueberries  
grapefruit  
grapes  
kiwi  
lemons/limes  
melons  
oranges  
peaches  
pineapple  
plums  
watermelon



### Canned/Frozen Dried

frozen fruits, unsweetened  
canned fruits in light syrup  
raisins  
dried berries  
dried figs & dates



## Vegetables

### Fresh

avocado  
bell peppers  
broccoli  
cabbage/coleslaw mix  
carrots  
cauliflower  
collard greens or kale  
cucumbers  
eggplant  
garlic  
herbs  
lettuce, darker green  
mushrooms  
onions  
potatoes  
salad mixes  
spinach  
squash  
sweet potatoes  
tomatoes  
zucchini

### Canned/Frozen

frozen corn  
frozen peas  
frozen spinach  
frozen stir fry vegetables  
canned/frozen leafy greens

baked beans, canned  
canned beans: pinto, black,  
navy, great northern, red, kidney

dried beans  
lentils & split peas

frozen green sweet soybeans  
(edamame)

Pasta sauces  
Tomato sauces

## Dairy

cheese, reduced fat/light/low fat  
eggs or egg substitute  
margarine, light tub  
milk 1% or fat free skim  
ricotta, nonfat  
sour cream, nonfat or light  
soymilk, fortified  
string cheese  
yogurt, fat free, light



## Breads/Grains

100% whole wheat bread  
whole grain breads  
flour & corn tortillas  
flax seed, ground  
whole grain crackers  
whole wheat pita pockets  
brown rice  
whole wheat pasta  
wheat germ

## Cereals

oatmeal  
whole grain cereals  
shredded wheat squares  
toasted o's



## Beverages

100% fruit juices  
juice drinks, unsweetened  
soft drinks, unsweetened  
tea  
coffee  
water

## Baking Supplies

whole wheat flour  
canola or vegetable oil  
spices & herbs  
vanilla extract

## Personal

## Paper Supplies

## Condiments

olive oil  
jam & jelly, light  
mayonnaise, light  
mustard, ketchup  
light/low fat salad dressings

## Laundry

## Fish/Poultry/Lean Meats

salmon, canned or pouch in water  
tuna, canned or pouch in water  
fresh fish  
lean beef  
lean pork  
chicken breast  
turkey



## Meat Alternatives

veggie/soy burgers  
veggie/soy meatless crumbles  
tofu  
peanut butter & other nut butters  
walnuts, almonds, peanuts and all nuts  
sunflower seeds

## Snacks

Light, reduced fat ice cream  
popcorn  
baked tortilla chips  
baked potato chips  
soy crisps

## Other